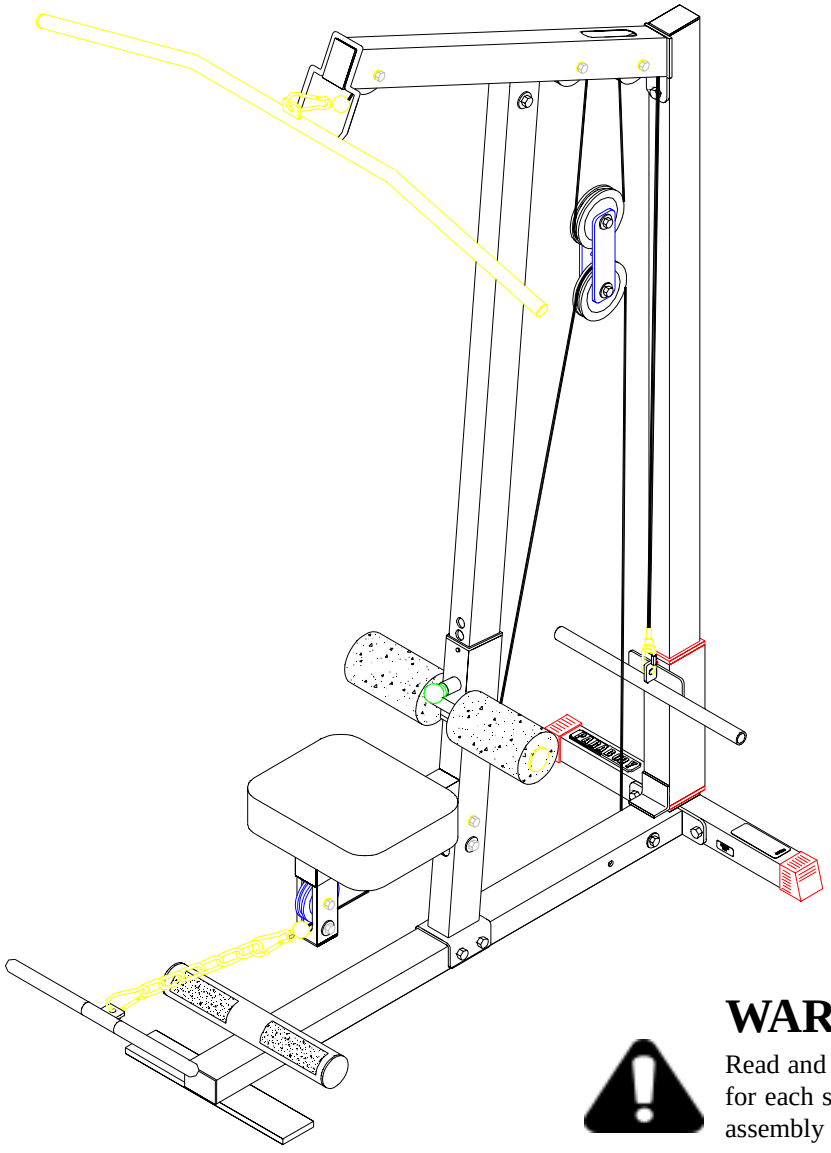
PARABODY®

827 LAT MACHINE



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

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Insert-Registration Card

IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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www.parabody.com

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody LAT MACHINE. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

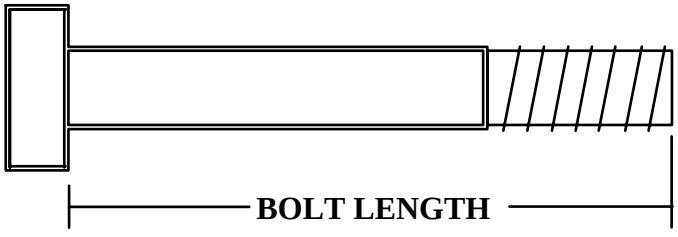
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

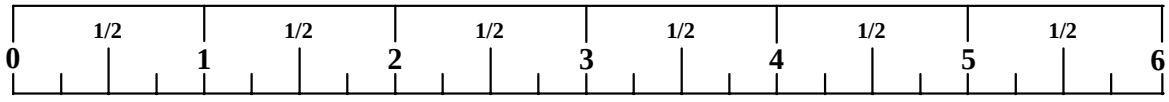
* Rubber mallet or hammer
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* 5/32” Allen wrench
* Adjustable wrench
* Tape measure

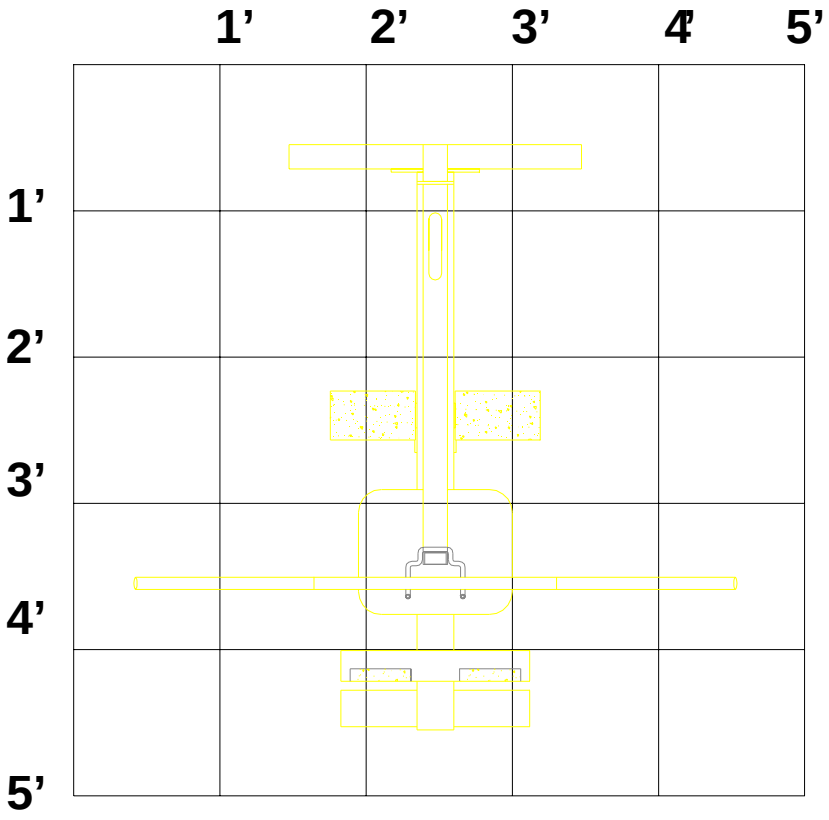
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:





1 Square = 1’ X 1’

Minimum Required Usable Space

Length = 82 inches (208.5 cm) 6’ 10”
Width = 71 inches (180.5 cm) 5’11”
Height = 83 inches (211 cm) 6’ 11”

Dimensions Including Leg Press (optional)

Length = 82 inches (208.5 cm) 6’ 10”
Width = 108 inches (180.5 cm) 9’ 0”

PARTS LIST

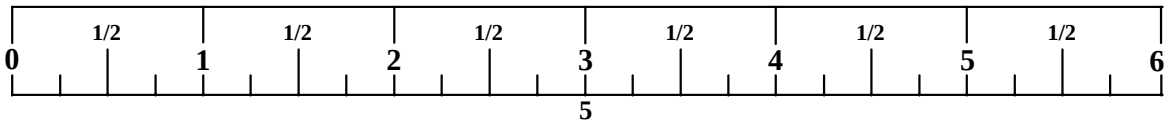
KEY	PART #	DESCRIPTION	QTY
1	LEA 6759109	BASE	1
2	LEA 6758909	FRONT UPRIGHT	1
3	LEA 6760209	REAR UPRIGHT	1
4	LEA 6760109	TOP BOOM	1
5	LEA 6759810	CARRIAGE	1
6	LEA 6759310	ROLLER PAD SUPPORT	1
7	LEA 6275310	LAT BAR	1
8	LEA 6274410	LOW ROW BAR	1
9	LEA 6489910	1/4 X 2 X 7-1/4" PLATE	2
10	LEA 6664821	SEAT PAD	1
11	LEA 6194601	ROLLER PAD	2
12	LEA 6576201	CABLE	2
13	LEA 3103102	1 X 8" GRIP	4
14	LEA 3116201	3-1/2" PULLEY	5
15	LEA 3116101	4-1/2" PULLEY	2
16	LEA 6177001	2-1/2 X 5-1/2" NON-SKID STP	2
17	LEA 6405201	2" SQ. END CAP	2
18	LEA 7234801	2" SQ COVER CAP	2
19	LEA 6692601	3 X 2" END CAP	3
20	LEA 3119301	2-1/2" ROUND END CAP	2

KEY	PART #	DESCRIPTION	QTY
21	LEA 6590801	3 X 2" INSERT GUIDE	2
22	LEA 6387901	5" VINYL CAP	2
23	LEA 3105401	STARLOCK COLLAR	2
24	LEA 3116001	1-1/4" SQ. RUBBER BUMPER	1
25	LEA 3114403	3/8" WASHER	13
26	LEA 3114702	3/8" LOCK NUT	10
27	LEA 3114401	1/2" WASHER	6
28	LEA 3114701	1/2" LOCK NUT	6
29	LEA 3235209	3/8 X 2-1/4" BOLT	2
30	LEA 3235211	3/8 X 2-3/4" BOLT	9
31	LEA 3235216	3/8 X 4" BOLT	1
32	LEA 3235312	1/2 X 3" BOLT	3
33	LEA 3235316	1/2 X 4" BOLT	4
34	LEA 6480301	3/8" FLANGE SPACER	10
35	LEA 6412001	SPRING PIN ASSEMBLY	1
36	LEA 3103801	5/16" SNAP LINK	3
37	LEA 3108102	1/4" QUICK DISCONNECT LK	1
38	LEA 6075906	12 LINK CHAIN	1
39	LEA 6140701	1 X 1" GLIDE	8

Hardware bags:

Bag 1= LEA7077608 Bag2= LEA7077708

Bag 3= LEA7077808



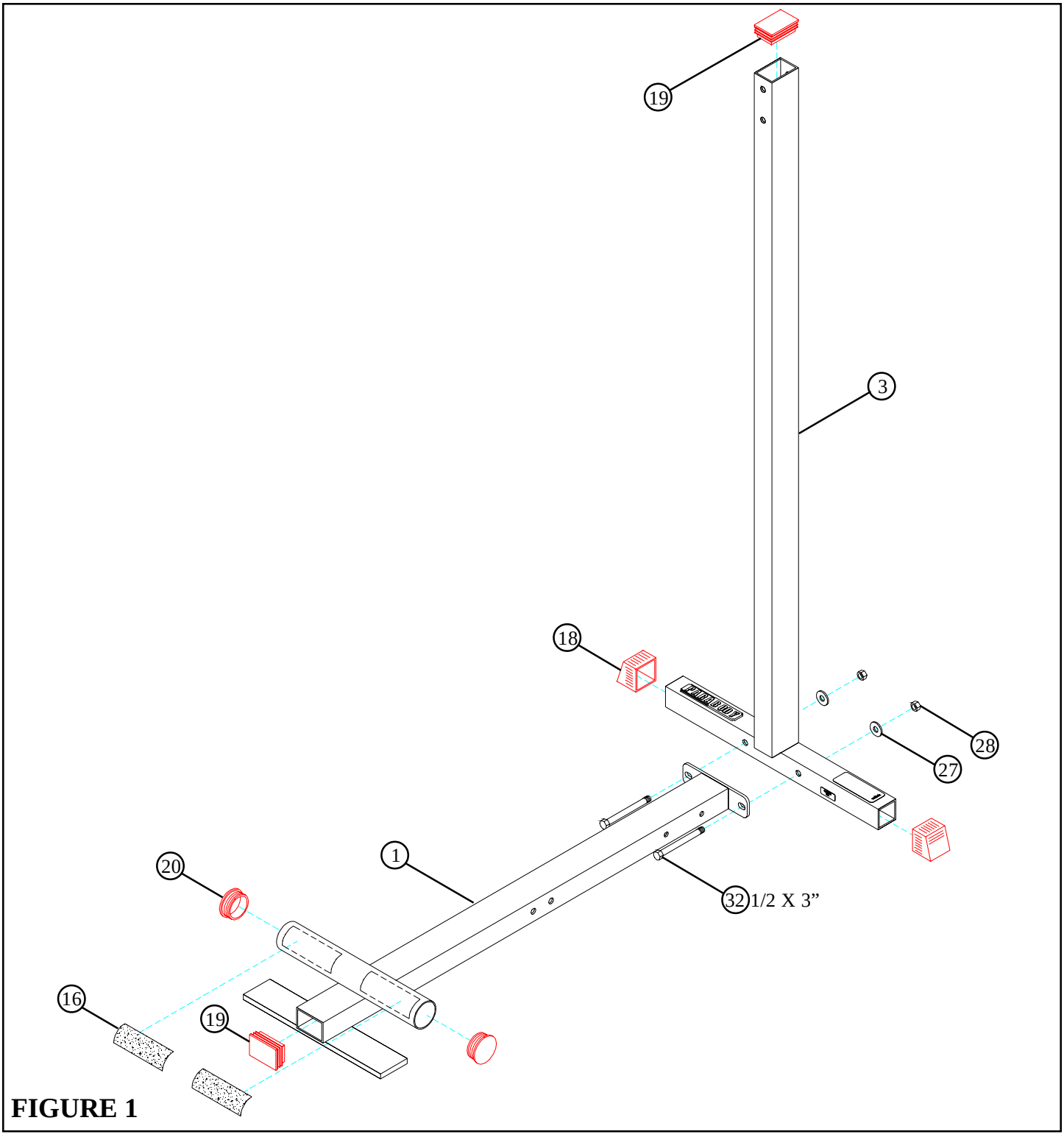


FIGURE 1

STEP 1:

- Attach two 2” SQ. COVER CAPS (18) onto the ends of the REAR UPRIGHT (3) as shown in FIGURE 1.
- Insert two 3 X 2” END CAPS (19) into the ends of the BASE (1) and REAR UPRIGHT (3) as shown in FIGURE 1.
- Insert two 2-1/2” ROUND END CAP (20) into the tube on the BASE FRAME (1) as shown in FIGURE 1.
- **LOOSELY** assemble the REAR UPRIGHT (3) to the BASE (1) using two 1/2 X 3” BOLTS (32), two 1/2” WASHERS (27), and two 1/2” LOCK NUTS (28). See FIGURE 1.
- Apply NON-SKID STRIPS (16) to BASE (1) as shown

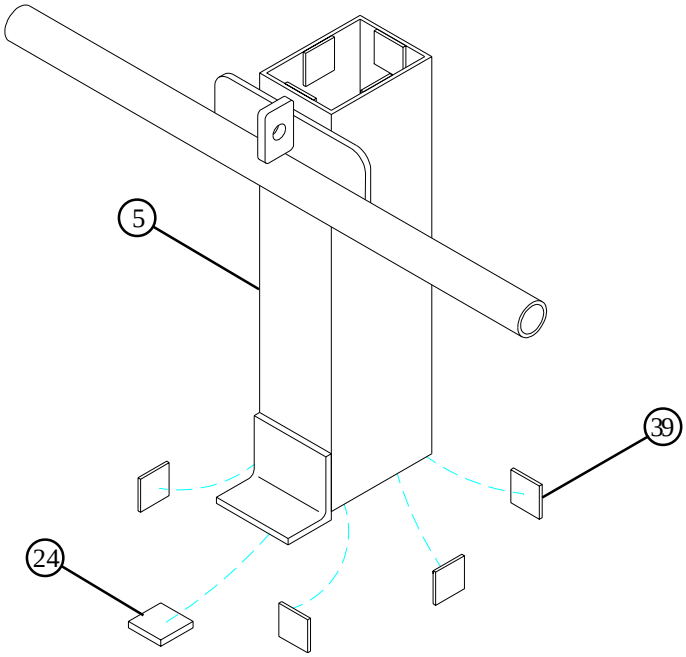


FIGURE 2

STEP 2:

- Attach eight 1 X 1" GLIDES (39) to the ends the CARRIAGE (5) as shown in FIGURE 2 using the following steps:
  - Thoroughly clean all surfaces where the 1 X 1" GLIDES (39) are to be attached.
  - Remove the 1 X 1" GLIDES (39) from the paper backing and firmly apply them to all shown surfaces.
- **SECURELY** attach one 1-1/4" SQ. RUBBER BUMPER (24) to the CARRIAGE (5) as shown in FIGURE 2.

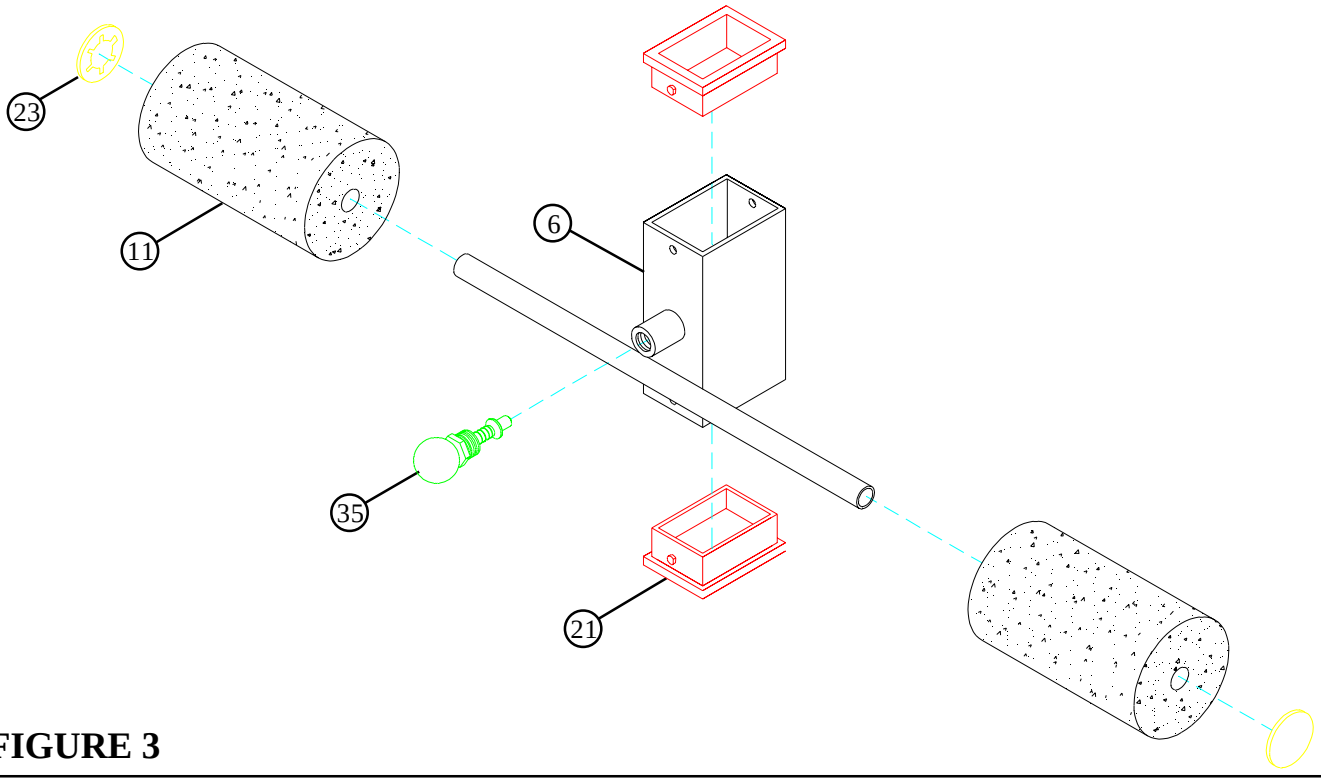


FIGURE 3

STEP 3:

- Insert two 3 X 2" GUIDES (21) into the ends of the ROLLER PAD SUPPORT (6) as shown in FIGURE 3.
- Assemble two ROLLER PADS (11) to the ROLLER PAD SUPPORT (6) using two STARLOCK COLLARS (23).
- **SECURELY** assemble one SPRING PIN ASSEMBLY (35) to the spring pin barrel on the ROLLER PAD SUPPORT (6). See FIGURE 3.

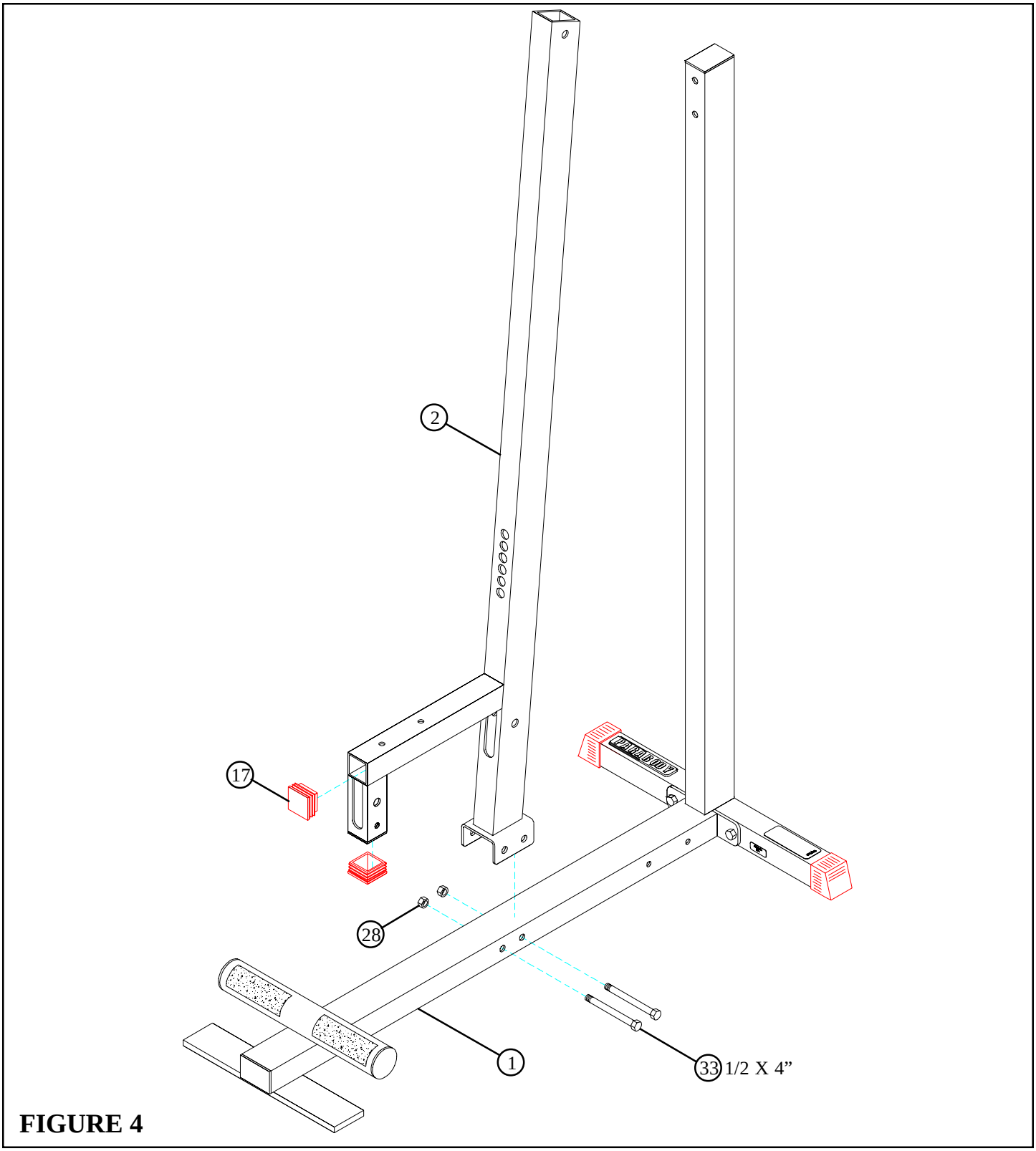
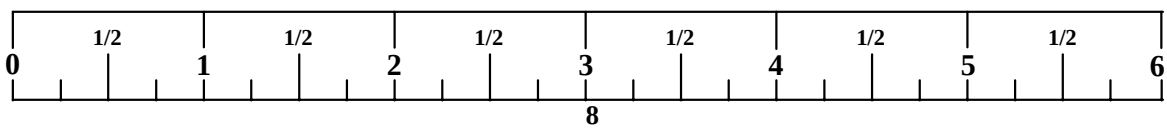


FIGURE 4

STEP 4:

- Insert two 2” SQ. END CAPS (17) into the FRONT UPRIGHT (2) as shown in FIGURE 4.
- **LOOSELY** assemble the FRONT UPRIGHT (2) to the BASE (1) using two 1/2 X 4” BOLTS (33) and two 1/2” LOCK NUTS (28). See FIGURE 4.



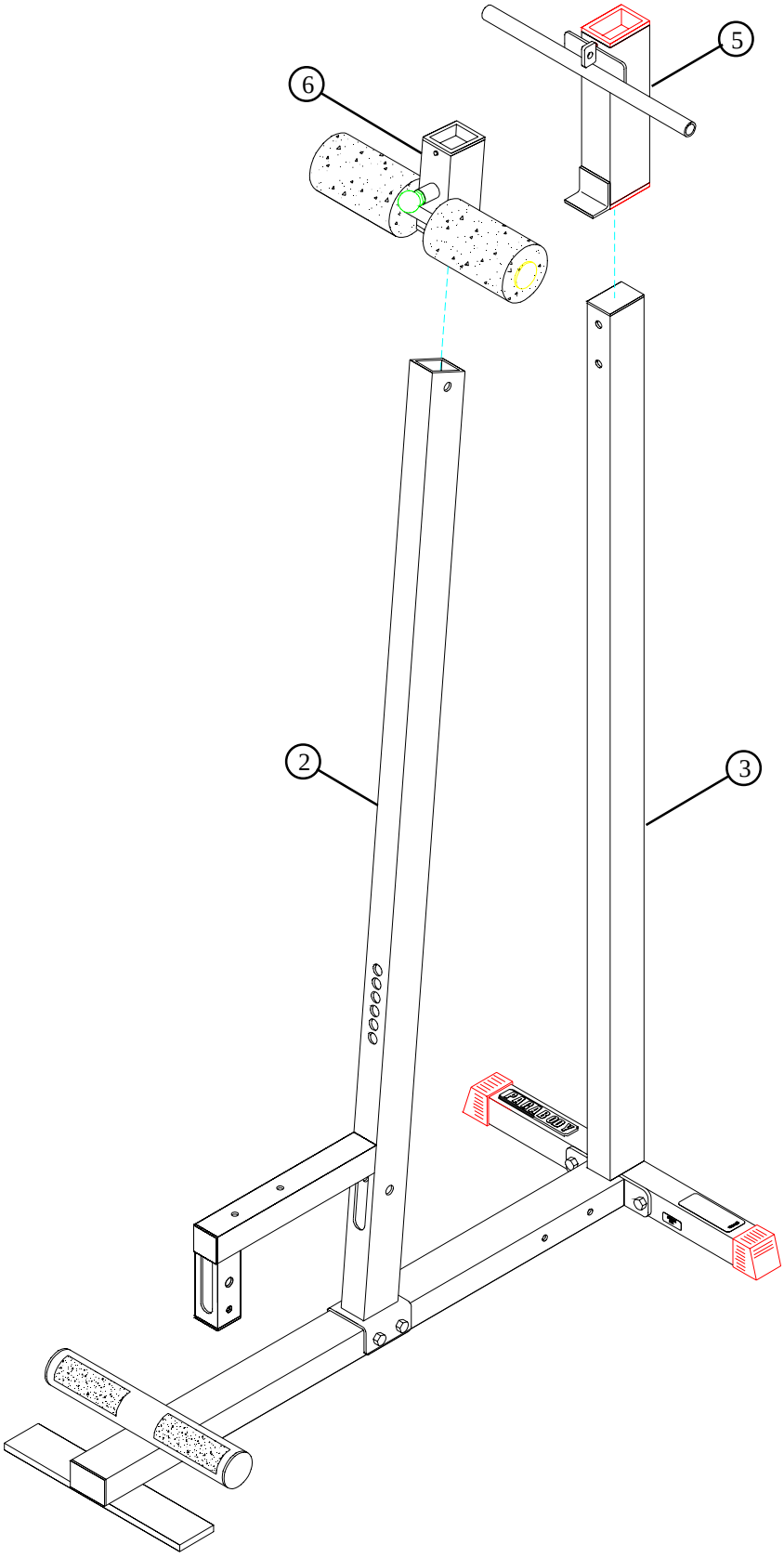


FIGURE 5

STEP 5:

- **CAREFULLY** slide the ROLLER PAD SUPPORT (6) over into the FRONT UPRIGHT (2) and engage the SPRING PIN into one of the adjustment holes. See FIGURE 5.
- **CAREFULLY** slide the CARRIAGE (5) over into the REAR UPRIGHT (3) as shown in FIGURE 5.

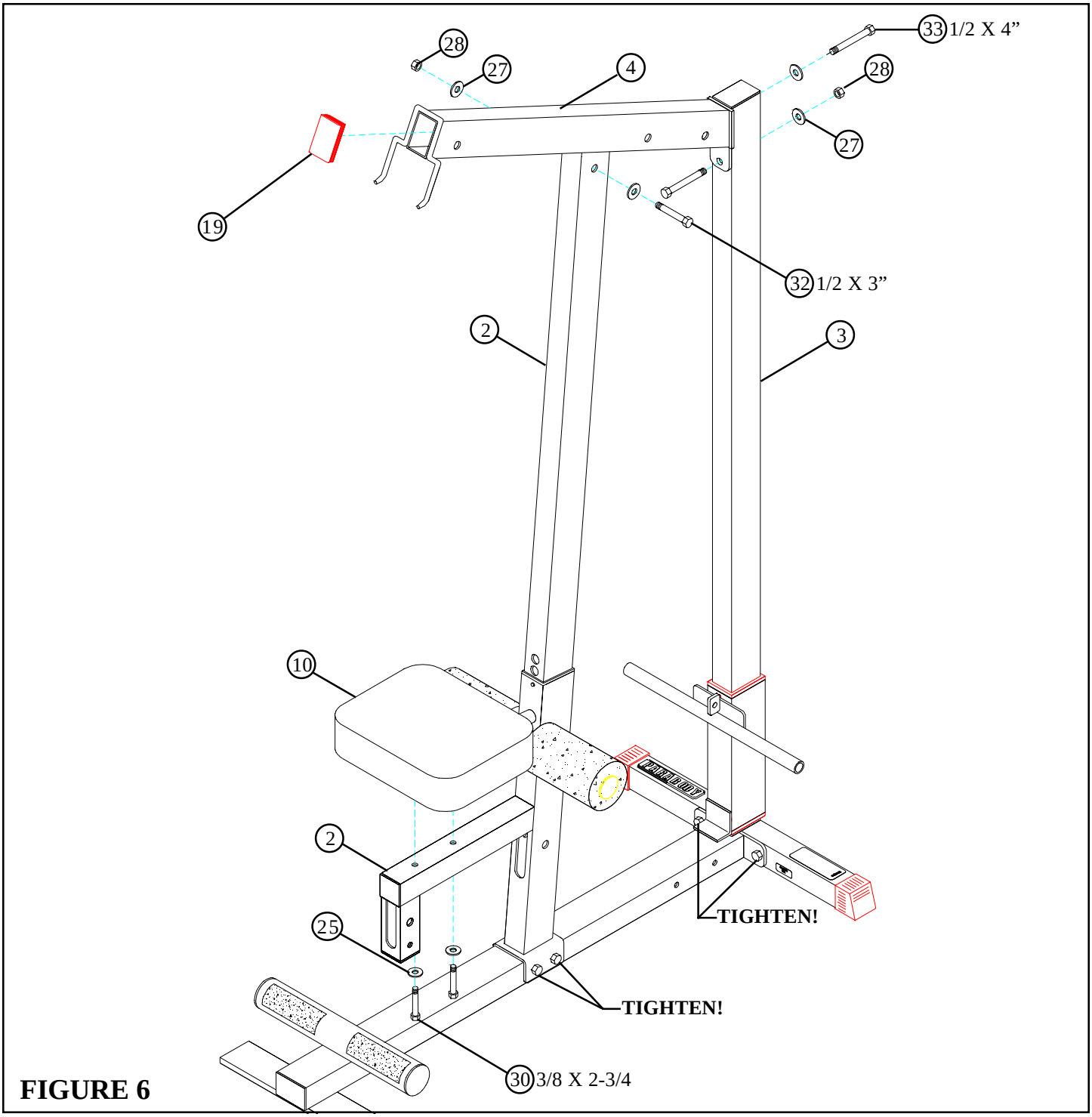
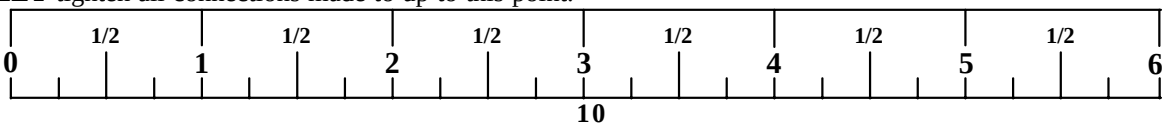


FIGURE 6

STEP 6:

- **LOOSELY** assemble the TOP BOOM (4) to the FRONT UPRIGHT (2) using one 1/2 X 3” BOLT (32), two 1/2” WASHERS (27), and one 1/2” LOCK NUT (28). See FIGURE 6.
- **LOOSELY** assemble the TOP BOOM (4) to the REAR UPRIGHT (3) using two 1/2 X 4” BOLTS (33), two 1/2” WASHERS (27), and one 1/2” LOCK NUT (28). See FIGURE 6. **(NOTE: IMPORTANT! Make sure bolts in TOP BOOM are facing as shown in FIGURE 6.)**
- **SECURELY** assemble the SEAT PAD (10) to the FRONT UPRIGHT (2) using two 3/8 X 2-3/4” BOLTS (30) and two 3/8” WASHERS (25). See FIGURE 6.
- **SECURELY** tighten all connections made to up to this point.



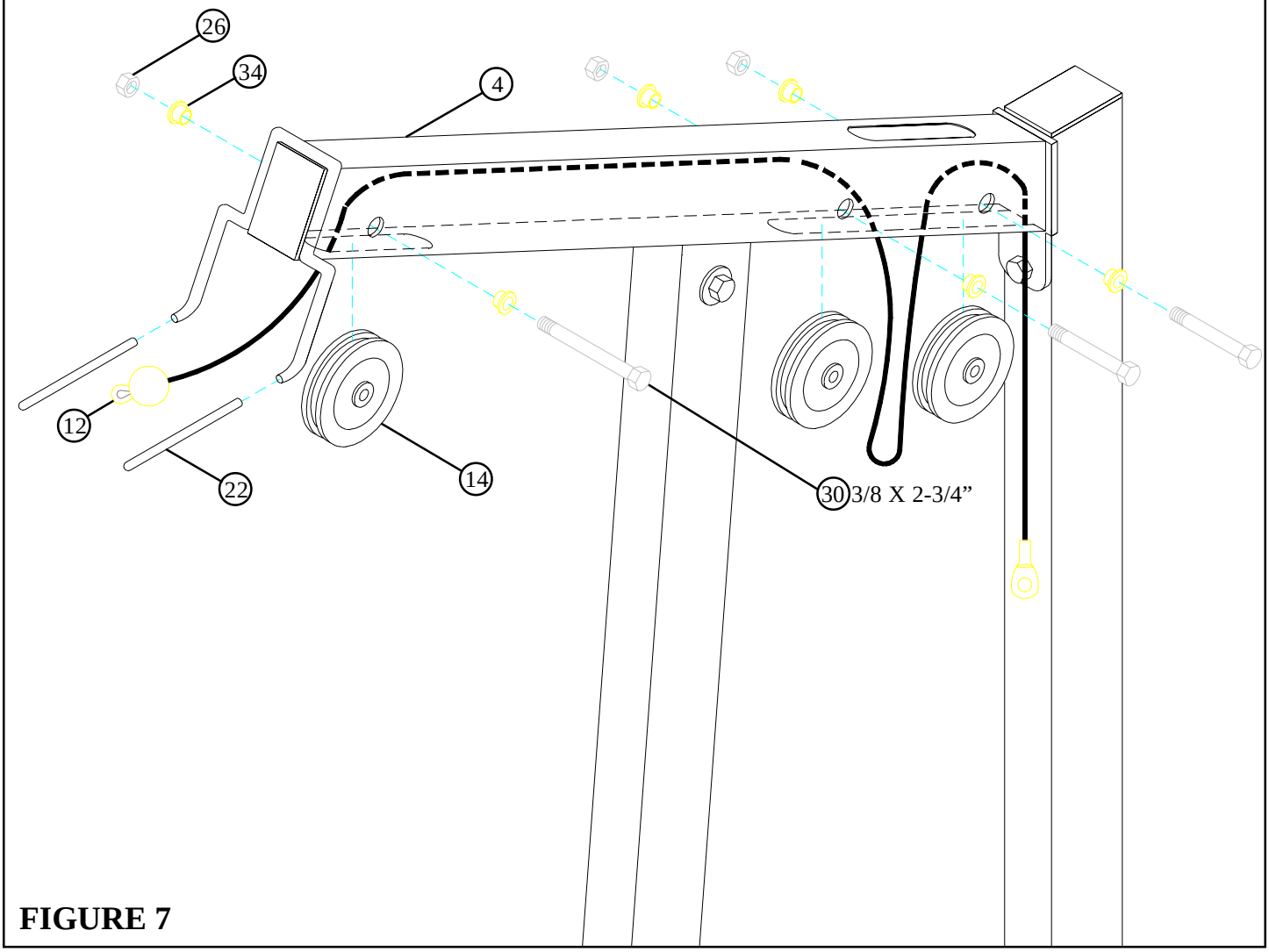


FIGURE 7

STEP 7:

- Route the CABLE (12) through the TOP BOOM (4) as shown in FIGURE 7.
- **SECURELY** assemble three 3-1/2” PULLEYS (14) to the slots in TOP BOOM (4) using three 3/8 X 2-3/4” BOLTS (30), six 3/8” FLANGE SPACERS (34), and three 3/8” LOCK NUTS (26) as shown in FIGURE 7. **(NOTE: Make sure the cable is routed over all the pulleys.)**
- Slide two 5” VINYL CAPS (22) over the lat bar holder bracket on the TOP BOOM (4) as shown in FIGURE 7.

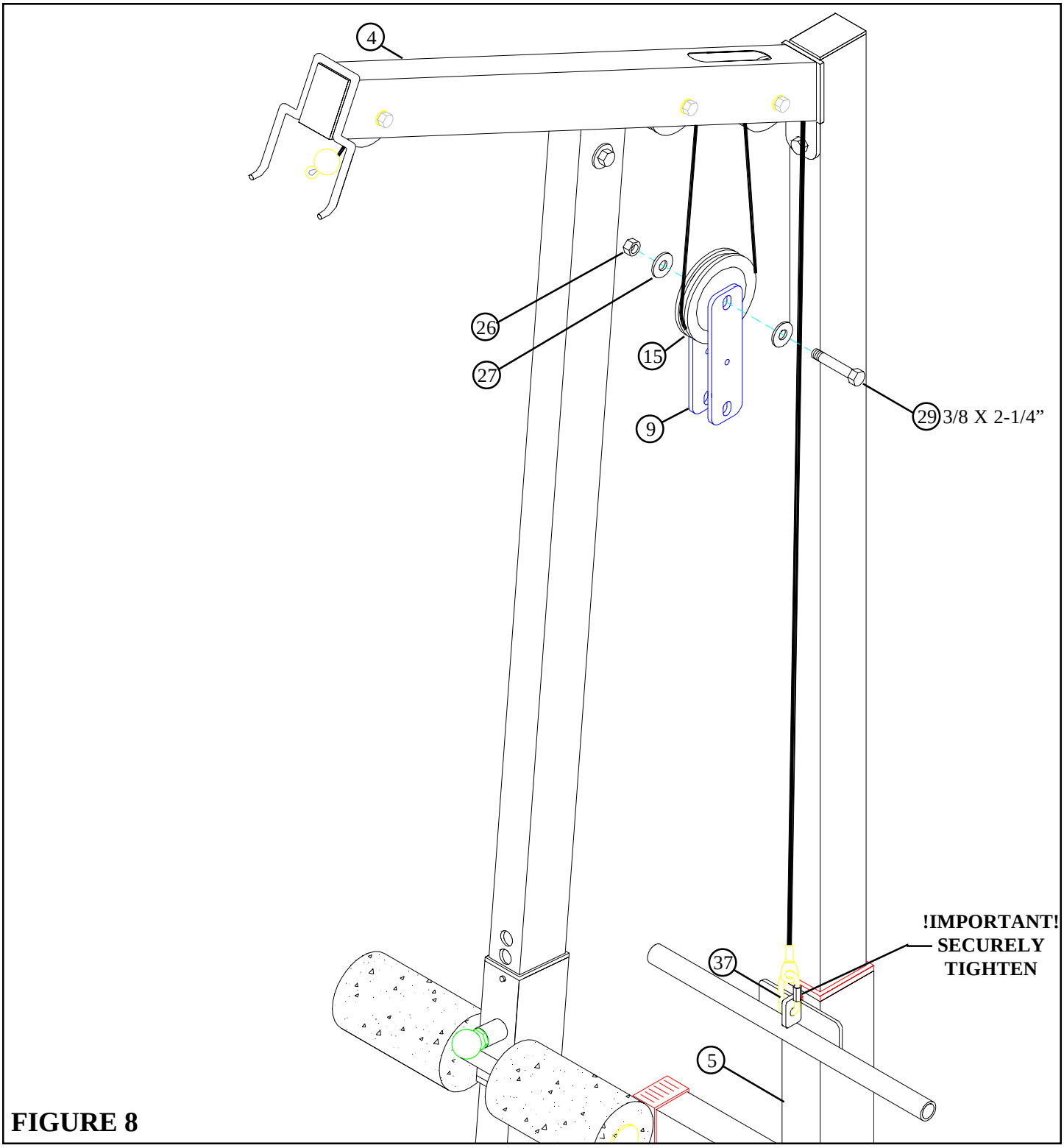
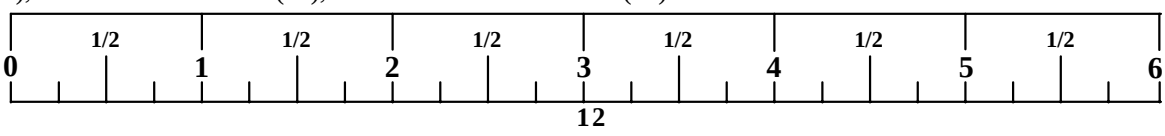


FIGURE 8

STEP 8:

- Attach the CABLE (12) from the TOP BOOM (4) to the CARRIAGE (5) using one QUICK LINK (37) as shown in FIGURE 8. **(IMPORTANT! Securely tighten QUICK LINK.)**
- Place one 4-1/2” PULLEY (15) into the loop of the CABLE (12) below the second and third PULLEY of the TOP BOOM (4) as shown in FIGURE 8.
- **SECURELY** assemble two 1/4 x 2 x 7-1/4”” PLATES (9) to each side of the 4-1/2” PULLEY (15) using one 3/8 X 2-1/4” BOLT (29), two 3/8” WASHERS (25), and one 3/8” LOCK NUT (26). See FIGURE 8.



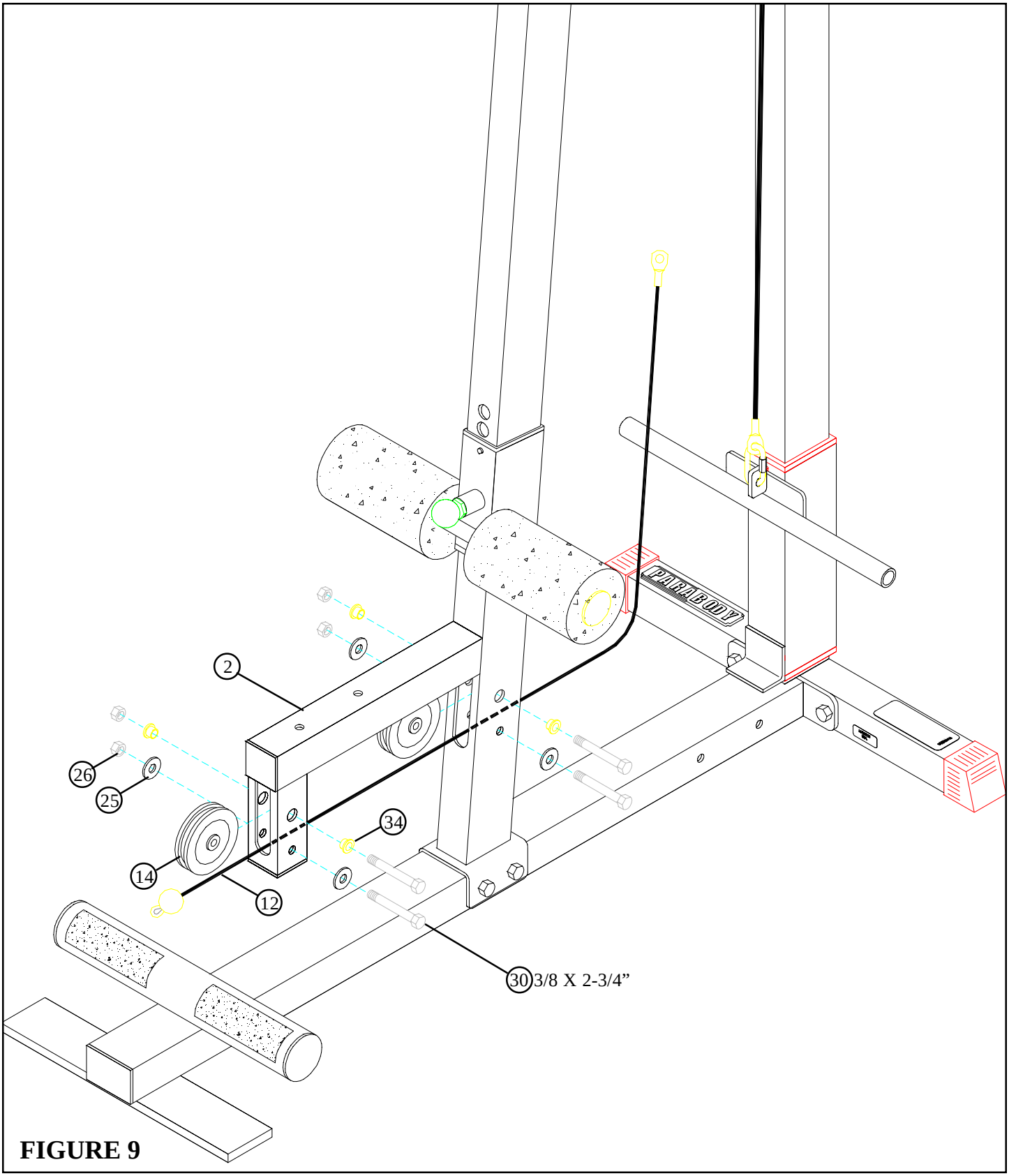


FIGURE 9

STEP 9:

- Securely assemble the ball end of the CABLE (12) and two 3-1/2” PULLEYS (14) to the FRONT UPRIGHT (2) using four 3/8 X 2-3/4” BOLTS (30), four 3/8” FLANGE SPACERS (34), four 3/8” WASHERS (25), and four 3/8” LOCKNUTS (26). **(NOTE: The CABLE (12) should be routed between the pulley and the retaining bolts as shown in FIGURE 9.)**

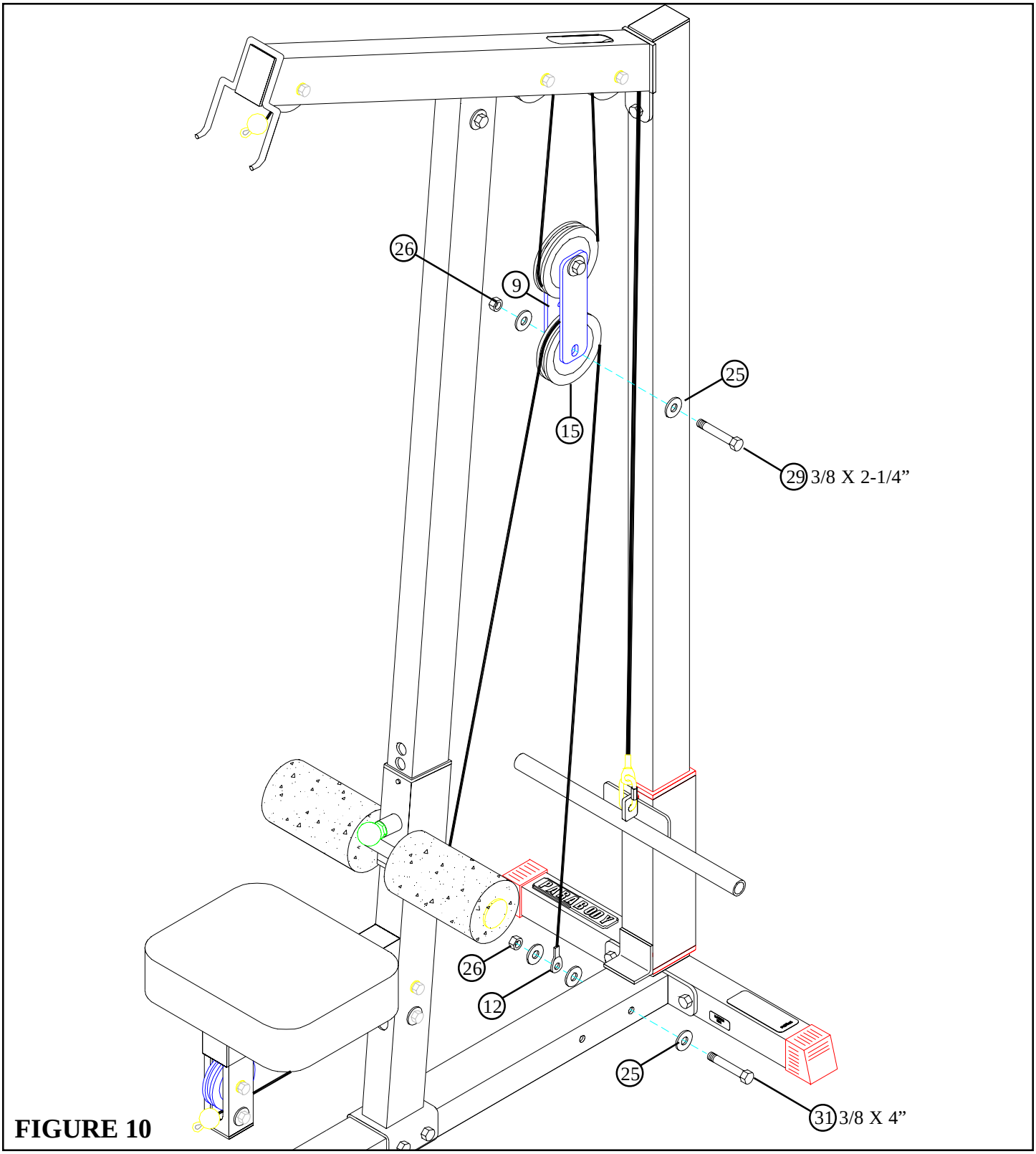
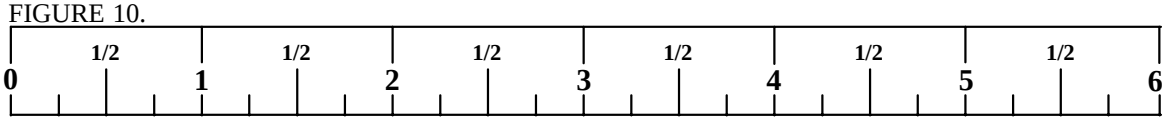


FIGURE 10

STEP 10:

- Loop the CABLE (12) over one 4-1/2” PULLEY (15) as shown in FIGURE 10.
- **SECURELY** the 4-1/2” PULLEY (15) to the 1/4 X 2 X 7-1/4” PLATES (9) using one 3/8 X 2-1/4” BOLT (29), two 3/8” WASHERS (25), and one 3/8” LOCK NUT (26). See FIGURE 10.
- Attach the CABLE (12) to the BASE (1) using one 3/8 X 4” BOLT (31), **three** 3/8” WASHERS (25), and one 3/8” LOCK NUT (26). See FIGURE 10.



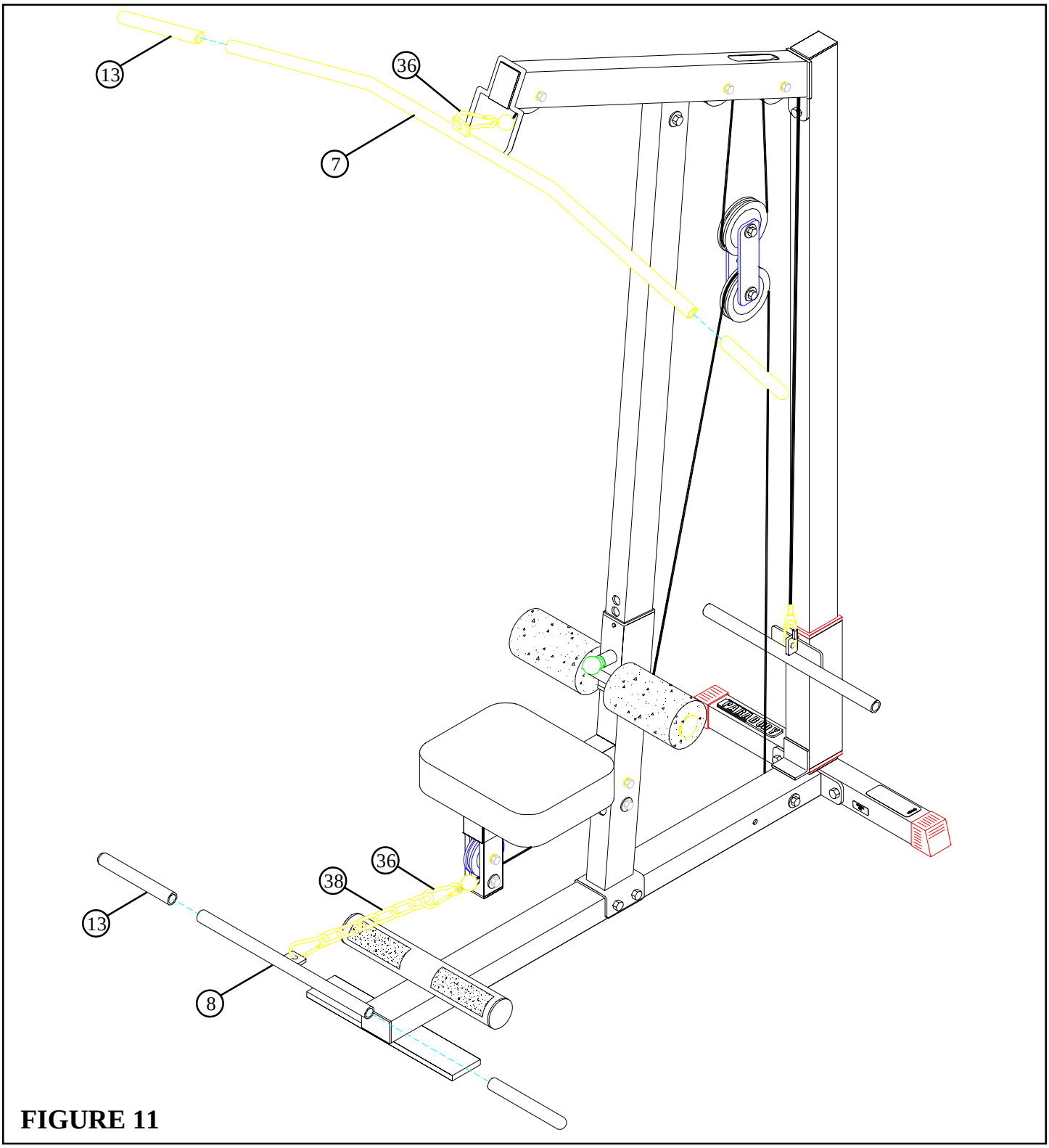


FIGURE 11

STEP 11:

- Attach the LAT BAR (7) to the ball end of the upper CABLE (12) using one 5/16” SNAP LINK (36) as shown in FIGURE 11.
- Attach the LOW ROW BAR (8) to the ball end of the lower CABLE (12) using one 12-LINK CHAIN (38) and two 5/16” SNAP LINKS (36) as shown in FIGURE 11.
- Slide two 1 X 8” GRIPS (13) on the LOW ROW BAR (8) and two 1 X 8” GRIPS (13) on the LAT BAR as shown in FIGURE 11.

MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

* Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

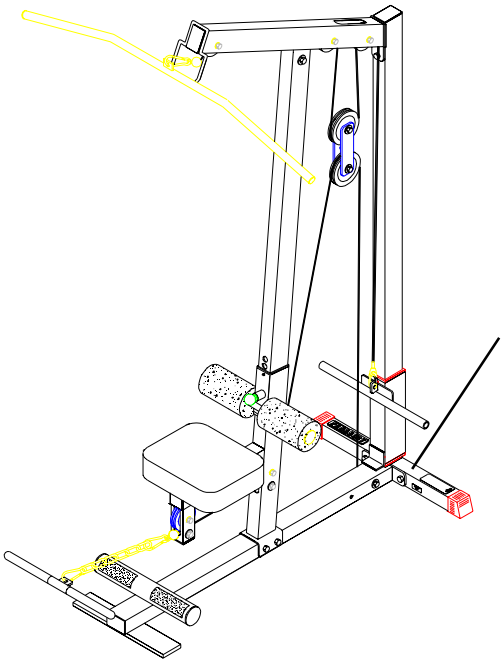
MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____



SERIAL NUMBER LOCATION

Thank you for purchasing the ParaBody 827 LAT MACHINE.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

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